

Rockin & Groovin

Choreographed by: Dan Albro 07/01/10



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Description: 32 count, Beginner/Intermediate Partner Dance
Music: "All About Tonight" by: Blake Shelton; 120 bpm
Intro: 32 count intro, start on lyrics
Starting Position: Closed, social position man facing FLOD, ladies Facing BLOD
Opposite footwork.

1-8 CROSS ROCK, SHUFFLE SIDE, CROSS ROCK, SHUFFLE SIDE

1,2,3&4 Man Cross L over R, replace weight on R, step side L, step R next to L, step side L
5,6,7&8 Cross R over L, replace weight on L, step side R, step L next to R, step side R

1,2,3&4 Lady Cross R behind L, replace weight on L, step side R, step L next to R, step side R
5,6,7&8 Cross L behind R, replace weight on R, step side L, step R next to L, step side L

9-16 ROCKING CHAIR, LADIES FULL AND ½ TURN, SHUFFLE FWD

1,2,3,4 Man Rock fwd L, replace weight on R, rock back L, replace weight on R
5,6,7&8 Walk fwd L, walk fwd R, step fwd L, step R next to L, step fwd L

1,2,3,4 Lady Rock back R, replace weight on L, rock fwd R, replace weight on L
5,6 Turn ½ right stepping fwd R, turn ½ right stepping back L
7&8 shuffle ½ right stepping fwd R, step L next to R, step fwd R

Hands Take ladies right hand over ladies head on count 5 putting her right in his right hand dropping his left hand, right hands come down to ladies right shoulder, couples pick up left hands in front (side by side position)

17-24 STEP, KICK, COASTER STEP, STEP, TOUCH, STEP, HITCH

1,2,3&4 Man Step fwd R, kick L fwd, step back L, step R next to L, step fwd L
5,6,7,8 Step fwd R, touch L toe side, step fwd L, hitch R knee fwd

1,2,3&4 Lady Step fwd L, kick R fwd, step back R, step L next to R, step fwd R
5,6,7,8 Step fwd L, touch R toe side, step fwd R, hitch L knee fwd

25-32 STEP, ¼ PIVOT, STEP, ½ PIVOT, (PINWHEEL ¾) WALK, WALK, SHUFFLE

1,2,3,4 Man Step fwd R, pivot ¼ left weight on L, step fwd R, pivot ½ left weight on L
5,6 Step fwd on R lining up right shoulders with partner, step fwd L turning ¼ right
7 Turn ½ right on ball of L stepping side R
&8 Step L next to R, step side R facing your partner in starting position

1,2,3,4 Lady Step fwd L, pivot ¼ right weight R, step fwd L, pivot ½ right weight on R
5,6 step fwd on L lining up right shoulders with partner, step fwd R turning ¼ right
7 Turn ½ right on ball of R stepping side L
&8 step R next to L, step side L facing your partner in starting position

Hands Drop hands on count 1, on count 5 pick up ladies right hand in mans left, mans right hand behind ladies back, ladies left and on mans right shoulder (right parallel position)

Repeat